

## Year 8: ASK Yourself!

**Subject: Food Preparation and Nutrition**

**Unit: Eatwell – Healthy Eating**

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
<b>S</b> skills				
<b>Communication</b>	I know that bacteria is present on our hands and they need to be cleaned before preparing food and after handling raw meat.	I can explain what the 4 C's mean in relation to food safety	I can explain which colour chopping boards are needed for each food group and why.	I can explain three different types of food contamination.
<b>Practical skills</b>	I found it hard to make my products but managed with help.	I worked well and did my best to follow the recipes. I made all of the products.	I am confident and capable when making. I follow instructions and use equipment correctly to make a good product.	My products were well made and finished to a high standard.
<b>Homework</b>	I do not always hand my homework in on time each week. I need to try to organise my time and make sure I fully understand what I have been asked to do.	My homework is completed. It usually responds to the task set but it would benefit from more time spent presenting it.	I work hard on my homework. It is usually neat and complete. I get over 5 when it has been marked out of 10.	I always put my full effort into homework and this can be seen in the quality of my work. I consistently get at least 9 out of 10.
<b>K</b> knowledge				
<b>Nutrition</b>	I find it hard to explain the dietary needs of adolescents.	I know why adolescents need to follow a healthy diet using the Eatwell Guide model and understand the consequences if they don't.	I can state some of the benefits of following a balanced diet. I can name the sections of the Eatwell Guide.	I can explain how to make foods healthier to eat and know what foods make up a balanced diet. I know which foods belong to each section of the Eatwell Guide.
<b>Making skills</b>	I find it hard to follow the recipes, but I am	My recipes are written clearly and I am able to	My products show a range of skill and I have tried	I know how to follow the recipes, and I am

	able to make the products with assistance.	follow them independently.	to present them in an attractive way.	able to make the products to a high standard independently.
<b>Health and Safety</b>	I have been reminded by my teacher more than twice to follow the hygiene and safety rules. I need to think more before I act and use the equipment.	I understand the hygiene and safety rules. Occasionally I am reminded by my teacher to remember [for example to wear oven gloves].	I made my products by working safely following the safety rules. I wash up and put equipment away at the end of the lesson to ensure the food room is hygienic.	I followed the hygiene and safety rules and made my products without incident. I am thoughtful and consider the safety of others as well as myself.